



PEARLS FROM MOTHER'S LIPS

Pearls from Mother's Lips

On the cover is a picture of our
beloved Divine Mother
RAMA DEVI.

True happiness and peace is
God's gift to every human being.
To receive it, however each one
must learn and apply the divine
laws that operate for his welfare.
Divine Mother's teachings clearly
explain these laws.

The meditations given in this
booklet are taken from beloved
Mother's writings. May we all
realize the Self by understand-
ing and practising them in our
daily life.

Be regular in your meditations. By meditation alone can you take yourself into the inner sanctuary of silence and establish your contact with the higher self.

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When you discover your real Self and realize that the world is your own Self, then alone can you really love all equally, for you love thereby yourself alone in all.

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Wife and children and the life of home do not become an obstacle to your spiritual quest. It is your own angle of vision

Pray for the gift of love

that helps or hinders your onward march.

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It is the intensity of aspiration that counts and not the change of the order of life.

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It is the personal ego that raises problems. In the depth of the Soul there is only peace and not problems.

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Raise the sword of Divine Knowledge in one hand and the sword of self-sacrificing spirit of service in the other and march on to the effulgent empire of freedom.

Be mad after God

Possess a balanced mind and a daring heart. A mind that is serene, cheerful, passionless, desirefree and a heart that will not quiver before the wildest storm of life. These virtues constitute the heroic mould of the Mother's child.

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The mind will always advance deceptive arguments and destructive demands. Ignore them by taking recourse to the reflection upon Self. "I am the Infinite Self, the ever-perfect Absolute, beyond all attributes, the All-Full, the limitless ocean of Supreme Consciousness. In me there is neither desire nor

Passion is sound and Peace is silence

delusion, neither sin nor virtue, neither attachment nor repulsion. I am Freedom itself, Purity itself., Blessedness itself."

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During moments of weakness, call on the Divine Mother through heart-felt prayers and supplications. If your call is genuine, emerging from the bottom of your soul, She will rush at once to your aid. Prayer is the strength of the weak and the refuge of the miserable.

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Environments never upset your mental peace. If peace departs, know for certain that the cause lies within yourself. By deep introspective survey of

Truth speaks in silence

your mind, detect the cause and uproot it. If peace is dependent upon external conditions, it is not worth pursuing, since the conditions will never remain changeless. Peace neither comes nor goes. Being the nature of Self, it is eternal.

* * *

God is not only in the midst of forests, in the depth of caves, and in the tops of mountains but He is everywhere, in everyone, in everything. He is in the home where you live in His thought, He has appeared in the forms of your parents to bring you up with love and care; He has appeared as your husband

Be a Bhakta and not a begger

to share the burden of your life; He occupies His seat on your lap in the form of a child seeking your parental love; He visits you in the form of guests to receive your hospitality; He even serves you in the form of your servants; He knocks at your doors in the guise of a beggar so that you may purify yourself by serving Him through an act of charity; He appears in the role of a Spiritual Preceptor to redeem you from the toils of Samsara; He is seated in the cavity of your heart as your very Self. He alone is your guide and light, your eternal companion, your parent and your Saviour.

Yield not to temptation

Dharma is the vital essence of life, the dazzling brilliance of Truth, the moulding force behind evolution, the eternal law that governs the universe.

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I am verily Brahman; my lord is Brahman; Brahman serves Brahman; loves Brahman; holds communion with Brahman; Brahman is devoted to Brahman." This is the loftiest thought.

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He who lives for himself, either in the worldly pursuit or in the name of spiritual quest, is dead already, for death is another name of selfishness. He

Observe silence once a week

alone lives who lives for the Divine, as the Divine.

* * *

Silence is your heavenly home. It is from Silence that all energy flows, all wisdom gushes forth, all purity emanates, all love springs up. Bring that energy and grace of Silence into the world of sound and then you can be a real, devoted servant of the Supreme Shakti.

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God is the ever-merciful Mother of entire creation, waiting with out-stretched arms, in infinite patience, for the return of Her separated children. When the aspiring soul takes one step towards the Divine Mother with

Desire for God vision

eagerness for Her vision, She actually rushes towards the child to take the child unto the lap of her eternal beautitude.

* * *

Pray to Him to give you the knowledge of His will. Meditate deeply with a serene and cheerful mind upon your own Self with perfect awareness that the Supreme Being is none other than your Self. There is no Deity greater than Atma, no worship more exalted than Self-Contemplation, no mantra greater than 'Nada' and no happiness greater than contentment.

* * *

The highest of evolution which the mind undergoes before its

Serve all, but seek no rewards

meager in the Supreme Consciousness, is Sanyasa. Thus, from this standpoint, one can be a sanyasin even without accepting a change in the external apparel, without embracing a new order of life and without deserting ones ties with the family and society. One does not become a sanyasin merely by donning the geruva robe or by leaving his kith and kin.

* * *

To accept the order of sanyasa out of disappointments, failures, adversities, cowardice or weakness, is an insult to the sanctity of the geruva cloth, a sin against purity and a crime against humanity.

Dwell not in delusion

Rest in the lap of the Infinite. Accept earth as your bed, sky as your canopy and ether as your garment. Depend upon none but your Higher Self. Self is your true home. Self alone is your father, your mother, your friend, your saviour, your support, your goal and your God. If you abide as the Self, the nature will come to serve you and gods will pay their obeisance to you. Even if you sit on top of a mountain or in the bottom of a cave, your food and requirement will come to you, provided you have lifted your mind above the reach of desire.

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Peace is Divine

Make your surrender complete. The moment you give up everything, you become the possessor of everything.

* * *

Never trust your mind. Subtle passions will persist so long as the accumulated tendencies are not destroyed by the fire of wisdom. Though you have no wife, the lower nature of herself will come to ensnare you. Maya is very powerful. She casts the mysterious net which entraps even the highly advanced yogis. Her charm has the power to destroy all the power to your penance in no time. So be on the guard.

* * *

Become ambassadors of goodwill on earth

Until the mind merges in Brahman, there are chances of fall. Look upon yourself always as a sadhaka. Do not go to teach or instruct the world. First discover the Truth within you. First procure enough food for you. Then you can think of sharing it with others.

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He who is conscious of doership, must necessarily reap the fruit of action. But he who has renounced the sense of agency and enjoyment does not enjoy the result too.

* * *

Shutting the eyes and meditating in one posture an hour or so upon the Self, will not suffice

Be Free like freedom itself

to scale the height of perfection. Try to maintain constant remembrance of the Eternal Self.

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What you consider now as peace, what you now claim to have got, is not the lasting peace. It is the peace that is promised by the mind, supplied by the mind and will be taken away by the mind itself. As the mind itself is fleeting, this peace is also temporary. Real peace abides in the Eternal, where mind is no mind, where soul shines in its absolute purity and perfection.

* * *

Knowledge is your inexhaustible wealth. Discover it and make use of it.

Work is worship

Attachment is the home of bondage, the father of sin, the child of ignorance, the breeder of evil. They alone are Masters, who have no attachment with anything.

* * *

Why seek for immortality, perfection, peace and blessedness, as if they are something to be acquired from a source extraneous to you? They are already in your possession. Realize them. Come out, from the cocoons of attachment and immediately you will find yourselves in the supreme abode of blessedness. Nay, you become blessedness itself. This is the whole essence of spiritual realization.

* * *

Free your mind of all worries

If you cannot remain for long in a sitting posture, you can give your mind to contemplation even while lying in bed. What is the contemplation which Mother is asking you to pursue? Absolute freedom from thought and serene abidance in your true Self.

* * *

Thought is effort; thought is samsara; thought separates you from the Divine; freedom from thought is effortlessness. That alone is the rest, both physical and mental. Sink thought in silence and there, you are one with the Mother, the indwelling Self, the Supreme Brahman.

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Grow in silence

One who desires progress in spirituality should first of all free himself from the impression that others are worldly-minded or less spiritual in temperament. The sense of superiority in holiness is evidently not the sign of holiness but of vanity and egoism.

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By the purity of your heart you can tremendously influence other and lead them to the way of God, but your mind should not know that such an influence is being exerted by you on others. You should be virtuous without being conscious of your virtues.

* * *

Worry dissipates energy

You can certainly discuss with seekers about the general methods of sadhana but never do your sadhana in the public gaze.

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Self praising is undoubtedly bad. Praising others also is bad, where actually there is nothing to be praised of. The only objects of your praise and adoration should be God and Guru. Both are one and the same. The more you shower praises on them, the greater is your elevation in purity. None can exhaust the glories of God by praises.

* * *

If your mind entertains a subtle craving to hear the appre-

Do not lament over destiny

ciatory remarks about you from others, if you feel happy inwardly when others praise you and displeased when they criticize you, if your heart loves those who speak highly of you and hates those who speak ill of you, know for certain, that the ego is still having domination over you and that you are yet a stranger to the state of equanimity.

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Even when a child points out your mistake, accept it as a direction from your Guru and subject your own self to a severe examination. Be bold to frankly admit your mistakes.

* * *

Seek no pleasure in sense gratification

The purpose of your sadhana is to free yourself from the thralldom of the ego. Your real Self is faultless. It is the ego who commits sins and mistakes. Imperfection and impurity are for the ego only. The ego alone is the seat of six passions.

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You cannot approach the sacred shrine of wisdom, unless you bathe yourself in the holy water of humility. God is the friend of the lowly, a constant companion of the humble.

* * *

To pray "O God, give me strength and purity" implies that God is away from you.

Freedom lies in the egoless state

Pray therefore, "O God, manifest in me Thy purity, Thy strength, Thy wisdom and make me a glorious instrument in Thy hands. Transform me to Thy likeness." This is the prayer in true vedantic sense.

* * *

Keep self-transformation as the goal of your pursuits and not strange experiences and miraculous powers. When you make progress in your sadhana, powers will come by themselves. Psychic powers constitute the greatest obstacle difficult to overcome. They are the forces of nature which come to test your loyalty to spirituality. Where there is a display of such

God never sends misery

powers, there, there is no mastery over mind.

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Four things will never come back-the arrow released from the bow, the word fallen from the mouth, the time that is gone and the golden opportunity that is lost. Hence intensify your sadhana from this moment onwards.

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As the body becomes healthy by nutritious food and exercise, so also, the mind becomes strong and steady, pure and peaceful by practice of japa and meditation. The strength of mind is its own capacity to rise above its own self created illusions.

Do not postpone spiritual practices

Let your faith in your higher Self be as firm as Mount Meru. Entertain no doubt about your ultimate success even in the apparent failures and falls. Remember to doubt is to deny the Divine.

* * *

Good actions beget good results and bad actions bad. Freedom lies in going beyond both good and bad, in getting to that state of true being, where the ego has been dissolved; the sense of agency lost and the actions begin to flow direct from divine energy with a spontaneity of their own.

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The lazy worker, the sleepy, idler, the absent minded—these

Be indifferent to praises

cannot adopt themselves to the discipline of spirituality. To awake to the beauty of perfection, you must shed your physical lethargy and mental indolence.

* * *

The principle that governs the success of your sadhana is not the duration of your sadhana, not the place and environmental conditions that conduce to the proper performance of sadhana, not even the intensity of your austerities, but the perfection in the attitude of your surrender to the Supreme Being.

* * *

When you surrender to God, the entire burden of your well-

God's mercy is unconditional

being is Gods'. God thus becomes even the servant, of his dedicated devotees. He is the Father, Mother, Friend, Master Servant, Child all in one.

* * *

Where there is pride, vanity, egoism or desire, there, the spirit of true surrender is absent.

* * *

Will the All-Merciful ever send miseries to you? Will the compassionate Father ever turn against His own children? What a great delusion! Man suffers by his actions alone, but God, in His infinite mercy, turns even such sufferings into his ultimate good. To the man of faith,

Resign to God's Supreme will

Divine mercy will be revealed in every event.

* * *

It is surprising that even after several years of practice of the Divine Name and meditations, you are not getting the control over your thoughts. The mistake is evidently in the method of your practice. Before stilling the Mind, how can you have the vision of Lord Subrahmanian?

* * *

Exhaust the mind of all disturbing thoughts by giving a powerful suggestion to it that you are the Pure Self, untouched by mental modes. Rise above your thoughts and take up the

Never sit lazy

position of a witness. Desist from imaginations. God will be perceptible only to your enlightened vision in the holy sanctuary of silence. Worship Him with a sense of perfect identity.

* * *

To worship the Supreme as one's own Self is the worship of the highest order. Such worship yields quicker results.

* * *

The whole earth is a gigantic idol of the Supreme Being. If you cannot love Him in the humanity whom you see with your own eyes, how can you direct your love to His formless being, which the mind cannot

To doubt is to deny the Divine

reach? Let every living being remind you of the Absolute.

* * *

Observe silence once a week or half a day in a week. In silence alone you evolve quickly. It is the depth of silence that the door of intuition opens, the mystery of existence is revealed and the riddle of life solved.

* * *

While observing silence, at first, you may not be able to free your mind of all thoughts. Try to keep up a continuity of thoughts on Self. Mentally assert that you are the all-pervading Absolute. How can there be an emergence of thought in

To see the Lord is to be the Lord

the Absolute. By thinking like this and by practising meditation, your mind will become gradually free of thoughts. During silence, never look at any face. External gaze will take you away from your true centre.

* * *

An occasional fast is also recommended for control of mind. It is an aid to Brahmacharia. It will improve your digestive system also. When the stomach is upset, you cannot think of any sublime idea. If possible, combine fast with silence.

* * *

To reach the consummation of life, namely the vision of God-

Name and form are mental creations

head, four things are absolutely necessary-pure aspiration, right association, dedicated effort and devotion to the Ideal.

* * *

Let the body hold no fascination for you. Let it not strike terror in your mind also. Have that much of care upon your body as you have upon a machine. Set it right when the machine goes wrong, but never at any time imagine that you are the machine itself.

* * *

The experiences vary since the mental constitutions of all aspirants are not of uniform nature. So do not reveal your experiences to other aspirants since narration of your experiences is

Laziness breeds unhealthy emotions

likely to unsettle the faith of others or to cause depression in the minds of those who do not undergo such experiences.

* * *

Be a Bhakta and not a begger. So long as you seek gifts from God for the happiness of your life, you are a begger. When your soul seeks God Himself you become a Bhakta.

* * *

God is omnipotent, omniscient and omnipresent. He knows your aspiration before you yourself know it. His mercy is unconditional. As the sun gives light to all alike, God showers his Grace on all his children, but he who yearns for His Vision and treads the path Spirituality is not an intellectual pastime

of truth and righteousness alone experiences the Grace.

* * *

People who do not agree to the old saying "Fear of God is the beginning of wisdom", ask "why should we fear God. We love him". Mother asks them "You say you love God. Have you first seen God or known God? Without knowing Him, how can you love Him?" Fear of God keeps one on the path of Dharma. Practice of dharma purifies the mind. In the purified mind, the Knowledge of God dawns. Then alone can one say that he loves God, for he has known God as the

Make devotion as the object of your prayers

supreme object of love, He being his own inner Self.

* * *

Physicians and medicines are only aids and ultimately it is the patient who cures himself. Scriptures and teachers are all aids in your spiritual quest. Finally you have to discover yourself.

* * *

Guru is your father, mother, guardian, friend and refuge, all rolled into one. The whole world tries to bind you, while the Guru alone liberates you.

* * *

The repetition of the Name, performed either consciously or

As and when opportunities arise,
court solitude

unconsciously, with knowledge of its significance or without it, yields result. But quicker is your progress on the path to perfection if you repeat it with love for the Divine, with concentration of your mind and with an awareness that your own Higher self is identical with the Deity whose presence you try to invoke through repetition.

* * *

It is the height of foolishness to think that God is testing you. God never tests His children for two reasons. One is that He is the omniscient Being, the All doer, who knows in His supreme wisdom that the existence of entire creation is depending

The Infinite, Self is your kingdom

upon His omnipotent Will. The other is, He is the absolute of Mercy, whose vision is one of pure love which does not see any imperfection in His children. It is the Nature, Prakrithi Herself that tests you to see whether you are lord or slave. Face the test. Let each test bring to your mind the consciousness of your Soul.

* * *

One does not become a Mahatma simply because the society gives him such a title. He is a Mahatma, who has realized his great Self as identical with the Absolute.

* * *

A pathivratha is born and not made

No effort is wasted. Even in the absence of appreciable results, there should not be any depression. Slow and steady is the progress in spirituality, very often even unknown to the seeker himself. Hope and cheer should ever be with you. There is no cause for any anxiety at all.

* * *

Do not worry yourself much about your inability to see Mother. See Her in all forms you serve. Dive deep into your heart. When you go deeper in meditation, you actually come nearer to Mother.

* * *

Take delight in your work. Merge yourself in the ecstasy of Be active in silence and be silent in activity

service. Be ready to rush to the service of your patients even when they call on you at the time of your worship and meditation. When God Himself is demanding your service, should you not rejoice in having got that supreme privilege? But Mother assures you ^{to you} if you surrender to God in a combined act of your mind, heart and soul, if your deeper soul is hankering after the beautiful peace of communion with Him in meditation, He will see that your meditations are not interrupted.

* * *

With eyes wide open you have to contemplate on the infinite

Peace is power

Being who comes to you in the form of souls. In relieving them of suffering, you are actually blessed with the privilege of being in the direct service of God Himself.

* * *

Overcome anger by patience; destroy hatred by love; conquer vanity by humility; remove selfishness by self-abnegation; root out lust by 'Atma Nishta'; dispel ignorance by Wisdom.

* * *

Mere knowledge of theories is not what raises you in the eyes of God. God is won through the power of heart. He cannot sit within the narrow cell of your egoism.

* * *

Have no identification with body

When you repeat the Manthra direct your attention towards the source from which the sound of the Manthra emanate. Concentration on the sound of the Manthra is surely a method in the control of mind. But to concentrate on inner silence itself from which the sound emerges is definitely a superior method. Try this method with sincerity and earnestness.

* * *

Psychic powers may make their appearance as you advance in sadhana; Ignore them. Name and fame may court you. Desert them. Adore dispassion. Let dispassion be your suspiciousness, your beauty and your protective armour in the field of life.

Consciousness objectified in thought; Thought manifested is the World. The world exists so long as thought persists. When consciousness sheds its superimposed objectivity, the thought will disappear into the abyss of Silence, resolving the world into the ocean of Pure Being. To achieve this, take your position as the Witness-Consciousness.

* * *

Here is Heaven and here is the Hell. Every moment you deny yourself you live in Heaven. Every moment you exalt your ego, you live in the Hell.

* * *

The self-discipline is called Sadhana

Become a Hero in Self denial, for so only you can enter the house of your Father. Children of the Divine, come to give and not to receive, to serve and not be served, to sacrifice the self and not to seek the pleasure, to become masters of mind and not to be slaves of senses.

* * *

Practise detachment in all phases of your activities and in all connections with the world around you. Detachment is the corner stone of spirituality, for Spirit that the seeker is seeking for, is ever detached "Asanga."

* * *

Love all, but never get attached to anyone

Do not imagine that Japa is a lower rung in the ladder of spirituality. Divine Name is capable of taking its votary to the eternal abode of Bliss. Even yogis may fall from the peak of spiritual attainments, but a votary of the Name who has faith in the Omnipotence of the same never does.

* * *

In you lies the power to make or mar your destiny. Your yesterday's will and work constitute your today's destiny. Future is in your hands. To escape the worry of time, land yourself in the eternity.

* * *

Along with the practice of meditations and other forms of spiritual exercises which you

follow, expand in love so as to secure the exalted vision of God's all-pervasiveness. Where is the necessity to develop an aspiration to see a particular form of God, when all the living beings upon this earth are His moving images? What you should aim at, is His Realization in both immanent and transcendent aspects.

* * *

While moving in the society, people will begin to shower praises upon you. They will honour you publicly. Name and fame will come to greet you. Be wholly indifferent to praise and censure.

* * *

Cowards who have no aspiration for God, run to the seclusion of the Himalayas for peace of

silence, whereas the lovers of humanity, bring that profound peace to where they stand. Remain where you are.

* * *

Exhaust yourself so that the Mother may fill you. Live, move and work in the consciousness of the Mother's omnipresence and you will find that it is Mother alone who lives and moves and works in you. This is the delight of the Divine Vision which defies the description of the tongue.

* * *

Any act of self-denial is sacrifice which pleases God. The greatest sacrifice of man is to dissolve his personality in the impersonal being of God.

It is not the books and speeches, slogans and sermons that Mother wants. Mother wants to see the glorious examples of lives dedicated to the service of humanity.

* * *

To achieve success in life, love as your weapon, service as your motto, virtues as your guiding pole-star and God as the ultimate goal of your pursuits.

* * *

It is heartening to note that your mind is inclined towards higher things in life. But you must know that the object of your spiritual uplift is not to establish a supremacy of position over others but to experience your essential one-ness with all.

Those who do not know what spiritual practices are, may criticize you and even mock at you, while those who know a little about sadhana may come forward to hold you in esteem. You may have the strength to withstand criticism, but not to receive the shower of praise in an attitude of indifference. Praise will infuse false air of pride and will eventually pull you down from the height you have reached.

* * *

Half-hearted resort to spirituality will not do. Spirituality is not an intellectual pastime. You must love your sadhana and should pursue the goal with cheerfulness in disposition and confidence.

To negate ego is the sacrifice that takes you to the vision of Truth. Welcome every opportunity to improve yourself by overcoming egoism. That part in you, which feels hurt, annoyed, disturbed and disheartened, is the ego only. The Higher Self is always poised in a region of transcendence, beyond all the nature-born qualities.

* * *

To declare before everybody that you are a sinner, that you are good for nothing, that you cannot do anything, that you are impure, is not the way to sinlessness, goodness, purity, and perfection. Open your heart to the Divine within and with a repentant mood seek His aid for strength and purification.

JAI MATA

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